

# Dietary advice after a low risk nutritional screening score - general healthy eating

Nutrition and Dietetic Service

Information for Patients

Last reviewed: January 2023

Next review: January 2026

Leaflet number: 362 Version: 2

**For staff reference: LOW RISK LEAFLET**

## Introduction

**Eating well and having a healthy lifestyle can help you feel your best and can make a difference to your long-term health.**

At your outpatient clinic appointment today nutritional screening was carried out to help detect risk of malnutrition/ under-nutrition:

- The nurse measured your weight and height to calculate your body mass index (BMI); your nurse can tell you if you have a healthy BMI.
- The nurse also considered if you have lost weight, if you are struggling to eat enough, and/ or are losing weight without meaning to.

No problems have been highlighted by today's visit. Your score category was 'low risk' but if you do find losing weight starts to be a problem speak to your doctor, GP or nurse.

**If you have previously been given advice from a health care professional to follow a specialised diet, you will need to continue with this. If you are unclear how this can be combined with the advice given in this leaflet, or are struggling with an aspect of your diet, speak to your dietitian, doctor, nurse or GP for further guidance.**

## Following a healthy diet

### Tips for eating well:

- Eat at least 5 portions of a variety of fruit and vegetables every day.
- Base your meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible.
- Have some dairy (or dairy alternatives) each day such as cheese, yoghurt and fromage frais; choosing lower fat and lower sugar options.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

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- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily, e.g. mackerel, salmon and sardines).
- Cut down on saturated fat - choose unsaturated oils and spreads and eat in small amounts. Unsaturated fats are usually from plant sources, e.g. sunflower oil, rapeseed oil, and olive oil.
- Drink 6 to 8 cups/ glasses of fluid a day, don't get thirsty.
- If consuming foods and drinks high in sugar – have these less often and in small amounts.
- Eat less salt – no more than 6g a day for adults.
- Get active and be a healthy weight (you can discuss your BMI from today with your nurse or doctor).
- Don't skip breakfast.

The 'Eatwell Guide' pictured below shows how a healthy, balanced diet can be achieved. A larger image with further information can be found in the '[Eatwell Guide booklet](#)', also available from this link: [www.gov.uk/government/publications/the-eatwell-guide](http://www.gov.uk/government/publications/the-eatwell-guide)

Try to choose a variety of different foods from each of the sections below to help you get the nutrients your body needs to stay healthy.

## Further information

You can find information on self-screening for malnutrition at: [www.malnutritionselfscreening.org/](http://www.malnutritionselfscreening.org/)

Further dietary advice can also be found here: [www.malnutritionpathway.co.uk/library/pleaflet\\_green.pdf](http://www.malnutritionpathway.co.uk/library/pleaflet_green.pdf)

## Contact details

Nutrition and Dietetic Service -  
0116 258 5400.



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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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